

## WHAT TO BRING TO CAMP

- Practice and casual clothing for the week (sweatshirt, t-shirts, athletic shorts, etc.)
- Twin sheets (extra long) or sleeping bag
- Pillow
- Towels and Washcloth
- swimsuit
- Arm & Shoulder Pads
- Gloves
- Lacrosse Stick
- Mouth guard (required)
- Helmet
- Cleats
- sneakers
- Rain gear
- Alarm clock
- Sunscreen lotion
- Cellular phone or calling card
- Toiletries (Shampoo, Conditioner, Soap, Razor, Toothbrush, Toothpaste, etc.)
- A limited amount of money to spend at the camp store and snack bar (camp bank is available to secure money)

### **OPTIONAL items:**

- A small fan
- Turf shoes
- Shower Shoes
- Beach/extra towels for pool time
- Cooler/small refrigerator for drinks
- CD player or radio w/ headphones (boom boxes and stereos are discouraged)
- Other sport/recreation equipment